

Health Benefits of Honey



and



Cinnamon



Ginger

Health Benefits of Honey and Cinnamon



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Q. What is the only food that doesn't **spoil**?  
A. **Honey**  
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It is found that a mixture of Honey and Cinnamon cures most of the diseases. Honey is produced in most of the countries of the world. Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of today also accept honey as a very effective medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada, on its issue dated 17 January, 1995 has given the following list of diseases that can be cured by Honey and Cinnamon as researched by western scientists.

HEART DISEASES: Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack.

Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

INSECT BITES: Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two.

ARTHRITIS: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

HAIR LOSS: Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found to be effective even if kept on for 5 minutes.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

TOOTHACHE: Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to

reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any Chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

INFERTILITY: Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before going to sleep, their problem will be solved.

In China, Japan and Far-East countries, women, who do not conceive and need to strengthen the uterus, have been taking cinnamon powder for centuries. Women who cannot conceive may take a pinch of cinnamon powder in half teaspoon of honey and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body.

A couple in Maryland, USA, had no children for 14 years and had lost hope of having a child of their own. When told about this process, husband and wife started taking honey and cinnamon as stated above; the wife conceived after a few months and had twins at full term.

UPSET STOMACH: Honey taken with cinnamon powder cures stomachache and also clears stomach ulcers from the root.

GAS: According to the studies done in India & Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food, relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural ingredient, which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly arrests the ravages of old age. Take 4 spoons of honey, 1 spoon of cinnamon powder and 3 cups of water and boil to make like tea. Drink 1/4 cup, 3 to 4 times a day. It keeps the skin fresh and soft and arrests old age.

Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES: Three tablespoons of Honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon power in equal parts, are more alert and flexible.

Dr. Milton who has done research says that a half tablespoon honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3.00 p.m. when the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH: People of South America, first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. So their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder taken in equal parts restore hearing.

***NOTE:**The honey used needs to be REAL RAW UNPASTEURIZED HONEY. If it says PURE honey it is most likely pasteurized. It is best to only buy honey that says RAW or UNPASTEURIZED on the label. The difference is that the enzymes are all heated out of the pasteurized honey.

Cinnamon and Honey formula for weight loss:

This should be prepared at night before going to bed.

1. Use 1 part cinnamon to 2 parts raw honey. 1/2 tsp cinnamon to 1 tsp honey is recommended but can use more or less as long as in the ratio of 1 to 2. --- so 1 tsp cinnamon to 2 tsp raw honey is ok too as an example.
2. Boil 1 cup...that is 8 oz of water.
3. Pour water over cinnamon and cover and let it steep for 1/2 hour..(30 minutes)
4. Add honey now that it has cooled. Never add honey when it is hot as the heat will destroy the enzymes and other nutrients in the raw honey.
5. Drink 1/2 of this directly before going to bed. The other 1/2 should be covered and refrigerated.
6. In the morning drink the other half that you refrigerated...but do not re-heat it...drink it cold or at room temp only.

Do not add anything else to this recipe. No lemon, no lime, no vinegar. It is not necessary to drink it more time in a day...it is only effective on an empty stomach and primarily at night.

This works for most people. Inches are lost before any measurement on the scales. This program will cause significant inches lost...but you will reach a plateau and may not lose anymore. This is because the cinnamon and honey cause a cleansing effect in the digestive tract and cleans out parasites and other fungus and bacteria that slow down the digestion...causing a toxic build up. (Lowers pH) Once this is all cleaned out then you will most likely have the weight loss slow down.

Other side effects from a cleansing can occur because of toxins being released...if this occurs, cut back on how much you use or take a break.

Additionally people report increased energy, more sex drive, and feeling happier/mood enhancer.

Honey and Cinnamon

People of many cultures have been using honey and cinnamon to treat many different health situations for centuries. Folk wisdom still retains knowledge of the healing properties of both raw honey and cinnamon.

1. ARTHRITIS: Take daily, morning and night, one cup of hot water with two teaspoons honey and one small teaspoon cinnamon powder. If taken regularly even chronic arthritis can be cured.
2. BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

Cinnamon

3. CHOLESTEROL: Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water reduces the level of cholesterol in the blood by 10 percent within two hours.
4. COLDS: Take one tablespoon lukewarm honey with 1/4 teaspoon cinnamon powder daily for three days to cure most chronic cough, cold, and clear the sinuses.
5. HEART DISEASES: Make a paste of honey and cinnamon powder, apply on wheat-bread f or daily breakfast to reduce the cholesterol in the arteries and save the patient from heart attack.
6. UPSET STOMACH: Cures stomach ache and also clears stomach ulcers from the root.
7. GAS: If Honey is taken with cinnamon powder the stomach is relieved of gas.
8. IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral.

9. **INDIGESTION:** Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.
10. **INFLUENZA – FLU:** honey contains a natural ingredient which kills the influenza germs and saves the patient from flu.
11. **LONGEVITY:** Take daily, four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea to arrests the ravages of old age.
12. **PIMPLES:** Apply three tablespoons of honey and one teaspoon of cinnamon powder paste on the pimples before sleeping and wash it next morning with warm water for two weeks to remove pimples from the root.
13. **WEIGHT LOSS:** Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water to avoid fat to accumulate in the body.

Honey

14. **SKIN INFECTIONS:** Apply honey and cinnamon powder on the affected parts cures eczema, ringworm and all types of skin infections.
15. **FATIGUE:** Sugar content of honey is more helpful rather than being detrimental to the strength of the body. Half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon increases the vitality of the body within a week.
16. **CANCER:** Advanced cancer of the stomach and bones have been cured successfully taking one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.
17. **HEARING LOSS:** Daily morning and night honey and cinnamon powder, taken in equal parts helps restore hearing.
- Keep these two powerhouses on hand in your home-remedy medicine chest.

How To Make Cinnamon And Honey Recipe:

All you need is cinnamon, honey and water! You need 2 tablespoons of honey and 1 tablespoon of cinnamon for a cup of water. It's so simple! Bring everything to boil and simmer until it becomes smooth. Let it cool down or drink it warm. I prefer using raw honey and to grind the cinnamon stick myself to get fresh cinnamon powder. Enjoy!

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Scientists of today also accept honey as a "Ram Ban" (very effective) medicine for all kinds of diseases.

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WEIGHT LOSS: Daily in the morning 1/2 hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

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BAD BREATH: People of South America first thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

Health Benefits of Honey and Cinnamon

The health benefits of honey and cinnamon include its ability to promote a stronger immune system, digestive system, increase the health of the heart, bones, skin, teeth, and hair, as well as stimulate weight loss. It also helps in relief from itching, and the improvement of arthritis symptoms. This article covers the health benefits of honey and cinnamon when they are combined.

Honey comes with a number of health benefits when consumed individually, and when consumed in combination with other food items; the most useful combinations are formed with cinnamon, ginger, and milk.

Nutritional Value of Honey and Cinnamon

Honey and cinnamon are both nutritious foods and contain vitamins and minerals that help to maintain good health. They contain nutrients which include water, protein, fiber, sugars and various vitamins and minerals. Cinnamon also contains a very low level of fat.

Minerals such as calcium, iron, sodium, potassium, magnesium, phosphorus and zinc are found in honey and cinnamon. In terms of vitamins, they contain vitamin C, B-6, folate, niacin and riboflavin. Cinnamon also contains vitamin A, E, D and vitamin K.

Health Benefits of Honey and Cinnamon

The health benefits of honey and cinnamon include the following:

Immune System: Honey and cinnamon paste is good for boosting the immune system, eliminating chronic fatigue and increasing the life span of people. It can also be used for treating colds and influenza. This is partially due to the antioxidants found in both honey and cinnamon which can combine to combat the free radicals in the body's organ systems.

Diabetes: Cinnamon contains antioxidant flavonoids whose effect closely resembles that of insulin, meaning that it can encourage glucose out of the bloodstream and into the cells where it is needed for functional energy source. Energy, as a pure source of natural sugar, does not cause nearly the fluctuation in blood sugar levels that many artificial sources of sugar do, and cinnamon's effects, when combined with honey, show a steady use of glucose by the body, and an improvement in Type 2 diabetes management.

Weight Loss: A mixture of honey and cinnamon in warm water is considered a good weight loss tool. Of course, like any other weight loss remedy, results are only seen when you combine it with a controlled diet and regular exercise.

Cancer: The phytochemicals that are found in such impressive amounts in honey have been linked to preventing cancer, while cinnamon has certain anti-tumor properties that can also decrease the chances of metastasis or the spread of cancer through tumorous growth. Certain acids within honey also directly shut down the activity of two enzymes, lipoxigenase and

phosphatidylinositol-specific phospholipase C, which have both been linked to producing cancerous materials in the body

Itching: Another health benefit of honey and cinnamon include relief from insect bites. A paste made of honey and cinnamon is often used to treat insect bites and relieve inflammation at the source. Cinnamon is considered an anti-inflammatory substance, while honey is an antiseptic and therapeutic component of many beauty and cosmetic products, so their combination works on all aspects of skin irritation and insect bites at the same time, while simultaneously keeping you from developing infections.

Digestion: Honey and cinnamon can help to increase the health and functionality of the digestive system. It can remove gas from the stomach and intestine and treat stomachache, excess flatulence, indigestion and bladder infections. Regular consumption of cinnamon and honey will help in maintaining healthy digestion, which protects the gastrointestinal system from a number of more serious conditions.

Arthritis: Honey and cinnamon are also beneficial in providing relief from arthritis. Regular intake of honey and cinnamon paste helps to maintain bone health and relieves joint pain. You can also mix honey and cinnamon powder in warm water and enjoy the same resulting health boosts.

Skin Care: The benefits of honey and cinnamon extend to skin care as well, where minor skin infections and pimples can be treated with a simple application of a paste formed from these two precious foods. This can be done on actual wounds, or on the skin as a general spread due to its anti-inflammatory, antiseptic, and antioxidant characteristics, which can reduce the appearance of age-related spots and wrinkles by reducing the impact of free radicals in the skin.

Heart Disorders: Honey and cinnamon are used for reducing cholesterol levels and thus providing additional protection to the health to your heart. A high cholesterol level (LDL or “bad” cholesterol) can result in atherosclerosis or plaque buildup on the walls of arteries and vessels, thereby increasing the chances of a clot forming that can result in a heart attack or a stroke.

Hair Care: Honey and cinnamon also nurture hair, reduce hair loss and actually stimulate hair growth.

Dental Care: Both honey and cinnamon are individually used for dental care. A mixture prepared from the two is also useful in dental care, particularly in eliminating bad breath and toothaches.

It is also believed that honey and cinnamon is good for treating infertility in men, and hearing disorders, but more research need to be done regarding those claims.

Health Benefits of Honey and Ginger



The health benefits of honey and ginger for treating respiratory problems are unmatched by any other concoction. Furthermore, honey is an excellent medium for transmitting the benefits of herbs such as ginger to the body. Both honey and ginger have their own individual health benefits and the combination of the two provides even more additional bonuses.

The health benefits of honey and ginger spice include the following:

Respiratory problems: The mixture of honey and ginger is an excellent expectorant and therefore provides instant relief to people suffering from cough, cold, sore throat, and runny nose.

Asthma: It is also believed that a mixture of honey and ginger, along with black pepper, is capable of treating or reducing the effects of asthma. It is a naturally soothing and anti-inflammatory mix that releases the tension and promotes the flow of oxygen to the lungs and the relaxation of the blood vessels in the lungs.

Cancer Management: Ginger has been linked recently to a reduction in nausea and vomiting that is associated with cancer and chemotherapy treatments. Patients often suffer debilitating nausea following these intense procedures, and they often turn to alternative solutions to eliminate it. Ginger speeds up the emptying of the stomach through its digestive properties, which can prevent the discomfort and probability of nausea. Nausea from chemotherapy is caused by cisplatin, a primary chemotherapy component, and ginger can balance out its powerful effects.

Ginger has also been positively connected with reducing the nausea and vomiting that is associated with pregnancy and “morning sickness”. This, combined with the naturally soothing effects of honey, make for a powerful preventative solution to vomiting and nausea caused from various sources.

Cancer Prevention: In terms of cancer prevention, studies have shown that the combination of honey and ginger result in chemo-preventive properties and the stimulus of antioxidant enzymes that reduce the chances of cancer growth and metastasis. Therefore, a honey ginger tonic, can not only help reduce the symptoms of chemotherapy, but also reduce the chances of getting cancer and needing the treatments in the first place.

Indigestion: Ginger and honey are also available in the form of ginger honey tonic. It is believed that this tonic or syrup is a good digestive aid due to the inherent digestive properties of ginger. Furthermore, both ginger and honey have antioxidant properties, thereby increasing the strength of the body’s immune system. Therefore, the consumption of one teaspoon of ginger and honey tonic is very useful for people who have a weak digestive system.

Ginger honey tonic has high levels of protein, which seriously aids in the digestive process, and it also stimulates the secretion of bile, which helps to dissolve fat. Furthermore, it stimulates the growth of intestinal flora, which speeds up the digestive process and facilitates proper bowel movements. Lastly, this gives a honey ginger tonic the ability to increase the absorption of other nutrients from food and reduce waste. For children, this has been traditionally given to ease stomach irritation, because it is a very soothing solution, rather than traditional medicine.

Heart Health: The antioxidant properties of honey and ginger tonic have been shown to moderate prostaglandin behavior in the body. Prostaglandins are lipid compounds that are derived enzymatically from fatty acids, which are present in ginger. These prostaglandins are found throughout the body, and are functional elements in almost all organ systems. In terms of heart health, the moderating effects of honey and ginger tonic have shown a propensity to ease blood vessel tension, thereby reducing blood pressure and reducing the chances of conditions like atherosclerosis, heart attacks, and strokes

For these reasons, and many more, people all around the world, especially in India, always keep both ginger and honey in their house and prepare this beneficial mixture when someone falls ill with a cold or cough.

The best way to consume ginger and honey is to mix one teaspoon of ginger root juice with one teaspoon of honey. Ginger honey crystals can also be purchased in markets and grocery stores. The crystallized ginger and honey that is pre-made retains most of the health benefits present in a fresh preparation and are meant for a quick and easy preparation of a ginger and honey beverage. Ginger honey candies are also very popular. If your throat is congested and you are not able to speak properly, you should eat candied ginger and honey as it normally clears the throat immediately. Ginger honey candies are also useful during traveling, because they are known to help in dealing with motion sickness.

Honey can also be added to ginger to improve its taste. Honey acts as sweetener, which makes ginger more palatable. Furthermore, honey can be added to ginger bread, ginger cookies, ginger ale, ginger beer, carrot ginger soup, ginger punch, ginger biscuits, ginger snaps, ginger cake, and various other ginger recipes to enhance the taste of these recipes.

Honey is also often added to ginger root tea or ginger and cinnamon tea. You can replace sugar (if you are a sugar user) with honey while preparing the ginger tea, thereby giving your ginger tea an extra healthy boost!

Health Benefits of Ginger Root Oil

The health benefits of ginger root oil can be attributed to its digestive, carminative, expectorant, antiseptic, analgesic, antiinflammatory, stimulating and aphrodisiac properties. The benefits of ginger oil include its ability to treat stomach problems, nausea, heart strokes, indigestion, inflammation, respiratory problems, and menstrual disorders.

Ginger is commonly used as a spice, and it has its origins in India. The spice is very common in India (it is known as adrak in Hindi) and China and is now used all over the world. It forms an integral part of many Asian cuisines due to its digestive properties. It is especially helpful in digesting food items such as meat and poultry, and it is frequently added to recipes for cooking meat as it softens the meat considerably, making it easier to digest. Ginger root and ginger oil are also used as preservative and flavoring agents.

Ginger oil is obtained from the root of the herb *Zingiber Officinale*. The peculiar hot and pungent taste of ginger can be attributed to the presence of an acrid compound called Gingerol. Most of the health benefits of ginger are actually due to the presence of Gingerol.

Health Benefits of Ginger Root Oil

The health benefits of ginger root oil include the following:

Stomach: Ginger root and ginger oil are often used for upset stomachs. It is one of the best remedies for indigestion, stomach ache, dyspepsia, colic, spasms, diarrhea, flatulence and other stomach and bowel related problems. Ginger or ginger oil is often added to recipes, especially in India, as it helps in improving digestion. Ginger tea is also used for relieving stomach problems. Furthermore, it can increase your appetite, which is great for people who are trying to put on weight.

Food Poisoning: Ginger is an antiseptic and carminative substance. As a result, it can be used to treat food poisoning. It is also used for treating intestinal infections and bacterial dysentery.

Nausea and Vomiting: Research has shown that ginger root and its oil are also effective against nausea, motion sickness and vomiting. Use of ginger may also result in a reduction of pregnancy-related vomiting in women.

Heart ailments: In China, it is strongly believed that ginger boosts and strengthens your heart health. Many people use ginger oil as a measure to prevent as well as cure various heart

conditions. Preliminary research has indicated that ginger may be helpful in reducing cholesterol levels and preventing blood clots. With reduced cholesterol levels and blood clotting, the chance of blood vessel blockage decreases, thereby reducing the incidences of heart attacks and strokes.

Respiratory disorders: Since ginger root and ginger oil are both good expectorants, they are effective in treating various respiratory problems such as cold, cough, flu, asthma, bronchitis and breathlessness. Ginger is very effective in removing mucus from the throat and lungs, so it is often added to tea in India. The health benefits of honey and ginger in treating respiratory problems is well known.

Inflammation and Pain: The extract of ginger is often used in traditional medicine to reduce inflammation. Research has now proven that its anti-inflammatory properties can be attributed to the presence of a substance named Zingibain. It is analgesic in nature and reduces the pain caused by muscle aches, arthritis, rheumatic conditions, headaches, and migraines. Ginger oil or ginger paste is often topically massaged on aching muscles to remove muscle strain. It is further believed that regular use of ginger leads to the reduction of prostaglandins, which are the compounds associated with pain. Therefore, ginger helps in pain relief. Recently, a few Chinese researchers have reported that ginger can be very effective in treating inflammation of the testicles.

Menstruation Problems: Irregular and painful menstrual discharges can be treated with ginger.

Malaria: Ginger root and ginger oil are also effective against yellow fever and malaria.

Stress: Ginger oil, being an essential oil, is stimulating and therefore relieves depression, mental stress, exhaustion, dizziness, restlessness and anxiety.

Impotency: Ginger is helpful for male health as well. Since ginger root and its oil are aphrodisiac in nature, it is effective in eliminating impotency and preventing premature ejaculation.

Kidney: It is also believed that ginger root juice is able to dissolve kidney stones.

Hair care: Ginger is useful for hair care as well. Ginger juice is useful in controlling dandruff.

Cancer: According to the American Cancer Society, preliminary research on animals has shown that ginger may be useful in treating cancer.

It should be noted that ginger oil is very strong and should therefore be used carefully and sparingly.

Ginger oil blends well with many other essential oils including lemon, cedarwood, lime, eucalyptus, frankincense, geranium, rosemary, sandalwood, patchouli, myrtle, bergamot, rosewood, neroli, orange and ylang-ylang.

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kinds of diseases. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain — and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!

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LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS:Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin Infections.

WEIGHT LOSS:Daily in the morning one half hour beforebreakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH: People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

HEARING LOSS: Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.